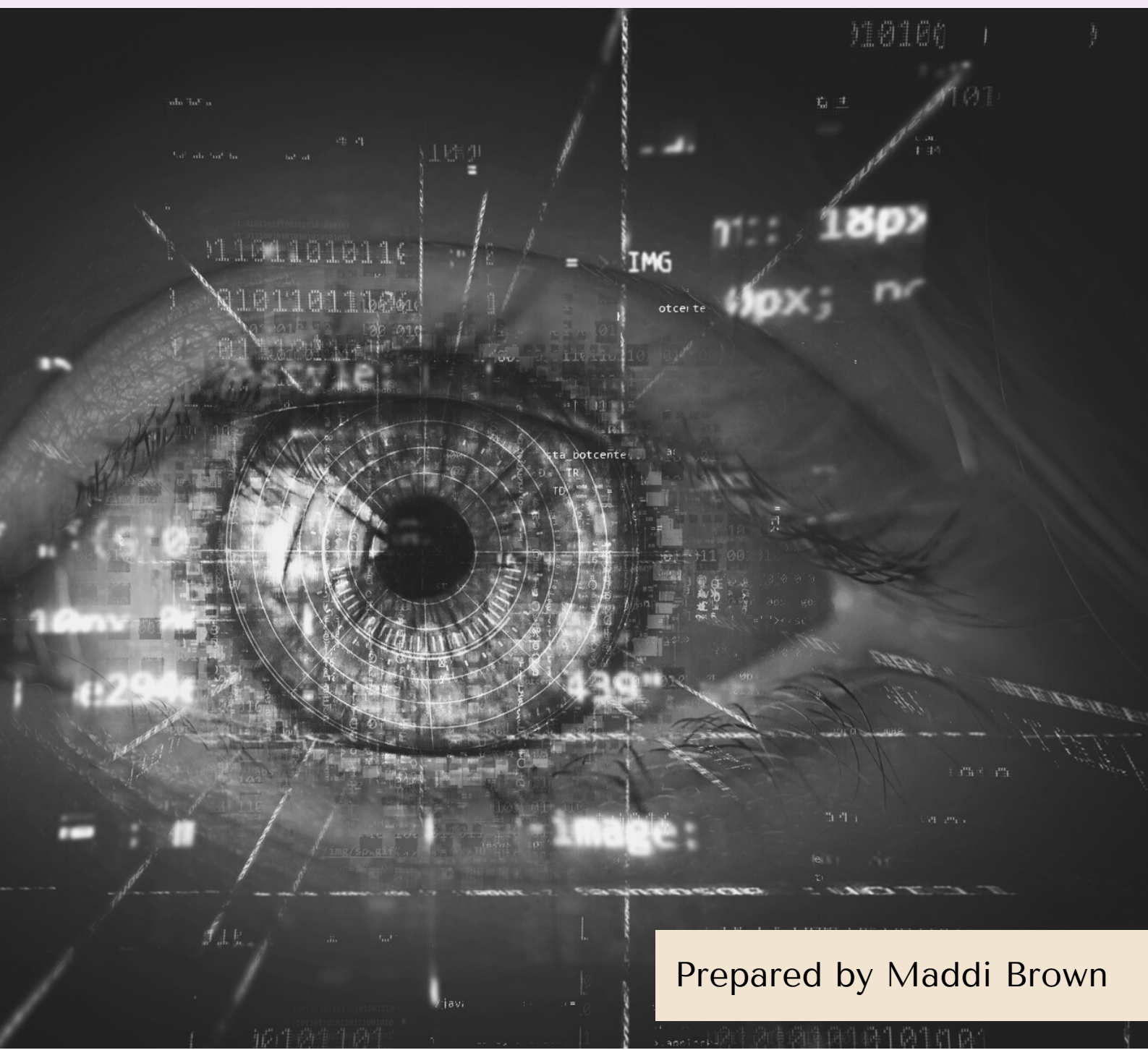


Eden Robinson

# IRIDOLOGY REPORT



Prepared by Maddi Brown

# INTRODUCTION

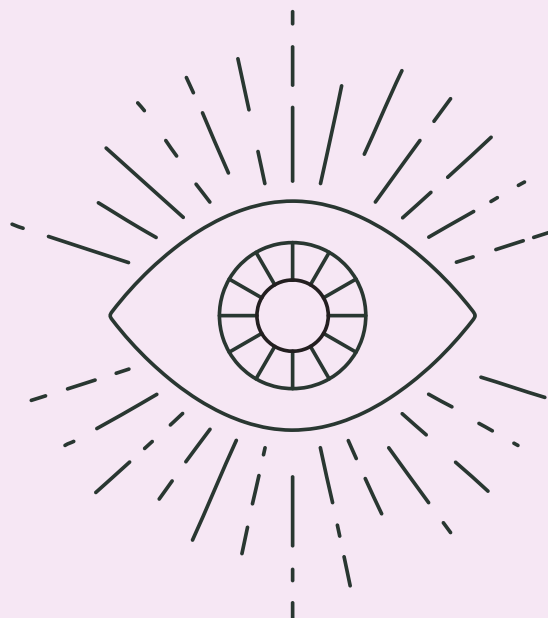
The iris of the eye is among the most complex tissues of the body.

Endowed with over 28,000 nerve endings, the iris is connected with the dura mater (the fibrous membrane covering the brain and spinal cord) of the brain via the optic nerve or optic tract, which is part of the central nervous system. The iris is thereby connected to the sympathetic and parasympathetic nervous systems and the spinal cord.

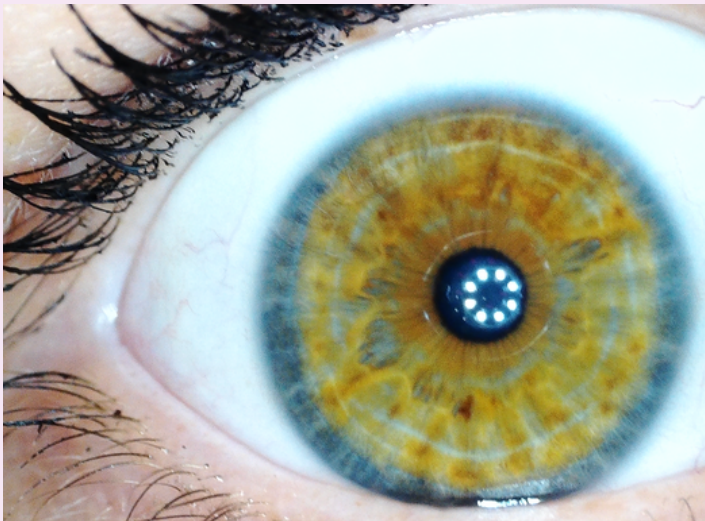
The iris is also directly and indirectly connected to every organ, gland, and tissue of the body by way of its association with the brain and nervous system. In this way, it is believed that both genetic tendencies and overall potential current health status are reflected in the structures of the iris.

Through observation of the iris's pigmentation, colour and structure, information can be obtained about a person's genetic strengths and deficiencies. Nerve fibers in the iris respond to changes in body tissues by manifesting a reflex physiological response that corresponds to specific tissue changes and their locations.

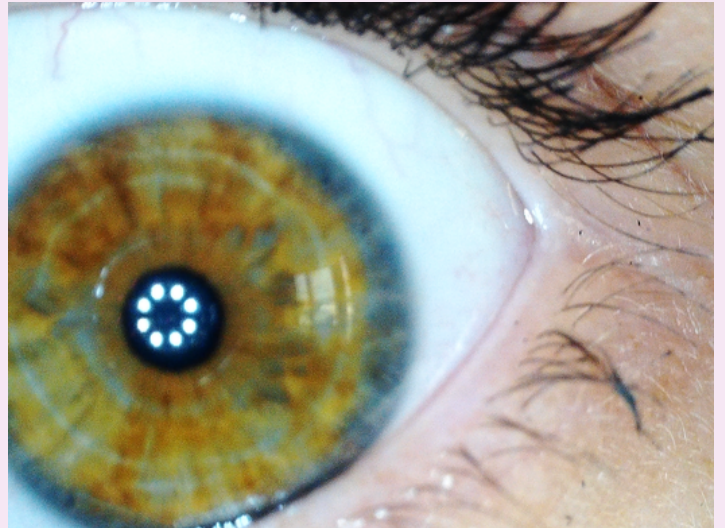
It is believed that iridology reveals the areas of genetic strengths and deficiencies within the body. Further, iridology may show the presence and location of tendencies for tissue irritation and inflammation. These features of the eye make it the perfect window for observing a person's health potential.



# YOUR IRIDOLOGY ANALYSIS



right eye



left eye

## Constitution: Mixed Biliary (Primary Lymphatic)

Primary nurture point: Liver, gallbladder, digestion and pancreas.

This iris contains a mixed presentation between a blue iris and brown overtones, usually seen where one parent has blue yes and the other has brown or mixed.

General susceptibility to:

- Gastrointestinal weakness: constipation, flatulence, liver and gallbladder problems.
- Diabetic tendency
- Childhood ear, nose and throat complaints with various allergies
- An overactive lymphatic system, often with swollen glands
- Upper respiratory weakness including asthma, bronchitis and sinusitis
- Hyperacidity resulting in inflammatory conditions including arthritis and rheumatics
- Hardening of arteries is common in advancing age

Many Lymphatic constitution types enjoy life relatively free from complaints in early life. The main pathway to disease concerns the mucous membranes, which surround all our internal organs and act as our first line of defence when we are exposed to infection. This process depends on adequate and correct lubrication. It is essential to nurture the health and function of these vital membranes to secure and maintain optimum health for all Lymphatic constitution types.

Generally with this constitution we see an overactive immune system that can lead to allergic reactions producing skin complaints such as eczema and dermatitis of a more chronic nature. There is a tendency for excess mucous production, resulting in discharges from the ears, nose and throat. Upper and lower respiratory problems are prevalent due to chronic catarrh and inflammation of the mucous membranes.

### Common Deficiencies

A sluggish liver can affect the uptake of fat soluble vitamins: A, D, E, B12 and K.

### Temperament

As a mixed type this constitution experiences both attributed from the lymphatic and hematogenic types which can create confusion about their personality. They regularly alter their opinions and can have trouble with decision making.

### Life Lesson

The expression "I'm of two minds about what to do" well describes this constitution. Listen to the people who love you. They want what's best for you and would never advise you to do something that would be bad for you.

## Structural Type: Anxiety Tetanic

### Primary Nurture Point: Nervous system & GIT

People with this constitution have a compromised sympathetic/parasympathetic system disposition, indicating the tendency to hyper-function of all organs.

As the name suggests, there is a tendency to suffer anxiety states. This can be exhibited by headaches and muscle tension and grinding teeth while asleep. Increased muscle tension can predispose to conditions including nervous stomach, gastrointestinal cramping, colitis and spinal subluxations. Continual muscle tension depletes the body of vital minerals; especially Calcium and Magnesium, which further weakens the nervous system.

Anxiety Tetanic's are often in the group labelled "workaholics". Many have typical "Type A" personalities. Goal driven, they often ignore the need to "chill out." This attitude can increase the likelihood that they will develop ulcers. Metabolic diseases often involve the liver, gall bladder and the immune system. The trait of continually running on overdrive lures them toward the use of stimulants such as coffee, sugary foods and alcohol.

### Temperament

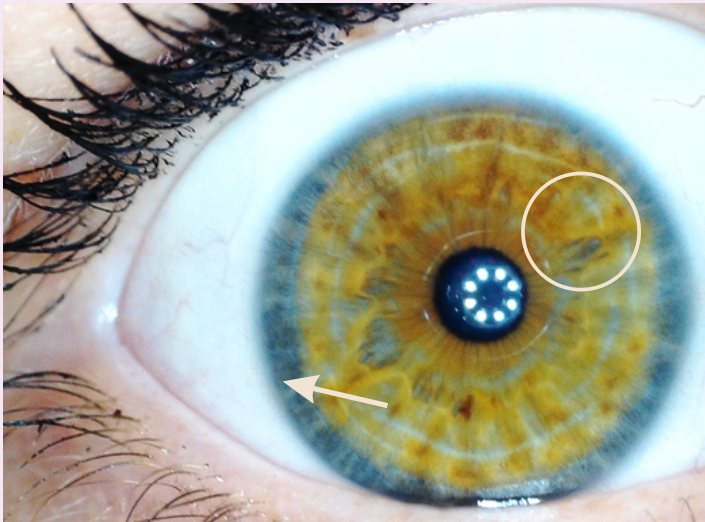
Because they can be so hard on themselves, they can have difficulty understanding people who want to work at a more laid back pace. In spite of all of the above, the Anxiety Tetanic tends to thrive on stress, generally being highly motivated and ambitious – the real self-starter. They can take on many projects at the one time, rushing from one thing to another, reaching deadlines, setting new records and thriving off the stress generated in doing so.

### Life Lesson

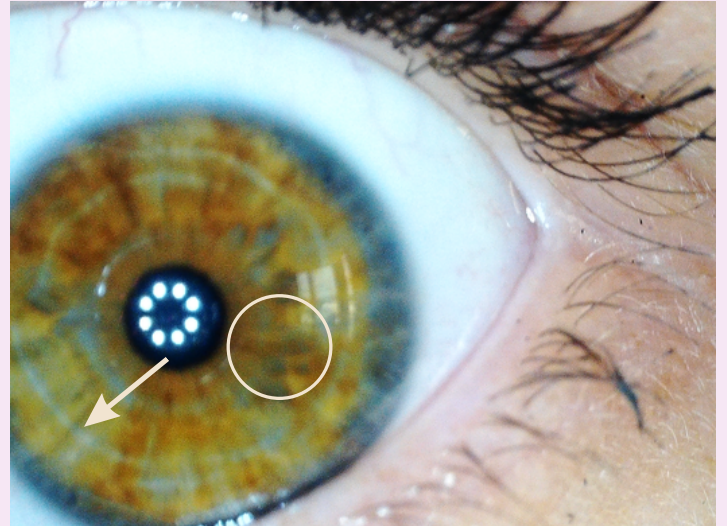
Try to always see both sides of situations before making your decisions.



# SIGNIFICANT IRIS FEATURES



right eye



left eye

## Lacuna/e:

Lacuna signify an inherited familiar weakness and potential under activity of a particular organ or tissue. The presence of a lacuna does not mean a pathology will occur but act more as nurture points for the individual to focus on. Your identified lacunae correspond with potential inherited weaknesses in the pancreas, liver and heart.

**Scurf ring:** A dark border at the outermost edge of the ciliary zone represents the skin. A scurf ring can indicate problems such as altered sweat regulation and rashes. Dry brushing is recommended to minimise skin presentations.

**Contraction furrows:** Often genetic, contraction furrows suggest a temperament that is soft and vulnerable and indicate increased tension in the sympathetic nervous system. They indicate spasmodic tendencies in previous generations which can affect major organs including the heart, airways, liver and reproductive organs and can affect nutrient cellular uptake.

**Yellow pigmentation:** This light yellow pigment is seen as a primary indication of digestive fermentation. There is a disposition to irritable bowel symptoms including periodic diarrhoea, especially when the collarette is this colour.

**Brown pigmentation:** The brown shading signifies influence in the liver and the interplay with the nervous system.

# DIETARY & LIFESTYLE RECOMMENDATIONS

Include	Limit
<ul style="list-style-type: none"><li>• Dry skin brushing</li><li>• Resistance weight training</li><li>• Frequent small meals</li><li>• Wet mucus forming dairy (milk, cream, ice cream, sour cream)</li><li>• A balanced diet of quality protein, carbohydrates and good fats</li><li>• Plant based protein</li><li>• White flesh fish</li><li>• In season fruit</li><li>• Omega 3 fatty acids (almonds, walnuts, purslane, pumpkin, flaxseed)</li><li>• 2L water daily</li><li>• Nutrient-rich breakfast</li><li>• 3x small protein meals daily</li></ul>	<ul style="list-style-type: none"><li>• Wet mucus forming dairy (milk, cream, ice cream, sour cream)</li><li>• Refined sugar</li><li>• High GI foods</li><li>• White flour products</li><li>• Acidic foods</li><li>• Alcohol and coffee - as this can be stimulating</li><li>• Fats</li><li>• Dairy products</li><li>• Red meat</li><li>• Rich sweet foods.</li></ul>

## REFERENCES:

Information referred to in this report are drawn from the following publication resource:  
Miller, T. (2016). Integrated iridology textbook. Inner Health AUST

# THANK YOU



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Thank you Eden for the opportunity prepare this iridology analysis for you.

If you have any questions or queries regarding the findings or you would like to explore anything in more detail please let me know.

Thanks so much,

*Maddi xx*

